The Lions' Pride

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"Saint Leo Rises" Breaks Chain of Violence

Krista Jones, Assistant Director of Counseling Services, teaches her daughter to take a stand.

Alumni Andree Garnier (front left) and Ester Garnier (front center) taught the "Break the Chain" dance to attendants.

Photos courtesy of Brook McGinnis

By Shawnee Arnett
Staff Writer

On Feb. 14, the University held its first annual Saint Leo Rises event. Hosted by faculty members Brook McGinnis, Pamela Decius, and Krista Jones, Saint Leo Rises took part in the One Billion Rising campaign, an international movement to end rape and violence against women and girls worldwide. Every year on Valentine's Day, people around the world rise to honor the one billion women who are made victims of rape and/or violence yearly, hear the stories of rape and violence survivors, and vow to "break the chain" of violence against women.

During the event, McGinnis and Decius gave a presentation that covered the severity of violence against women worldwide and the hope that the One Billion Rising campaign provides for survivors and their loved ones, as well as those who understand that violence and rape of all variations needs to stop. Jones, a Licensed Mental Health Counselor and the Assistant Director of Counseling Services for The University, spoke on the negative impact that rape and violence has on not only the individual victim, but the community at large. Jones was also at the event to provide assistance to survivors in attendance and those who wished to express their feelings about the issue further with a professional.

McGinnis invited University alumni Andree Garnier and Esther Garnier to teach those in attendance the "Break the Chain" dance, which symbolically represents the need for the chain of violence against women to be broken.

According to McGinnis, she and Decius are not strangers to the One Billion Rising campaign.

"This is only the second year that this event has occurred at all. I was part of the One Billion Rising event, as was Pam [Decius], in Dade City last year. This year organizers encourage us to rise in places that women should feel safe and supported. This is why I wanted to bring it to a college campus; while I believe that Saint Leo is safe as campuses go, the statistics related to rape on college campuses are sobering. This event illustrates our core values of respect and community: respect for our mothers, sisters, wives, daughters, girlfriends, and friends through building a community that will not tolerate violence against women," said McGinnis.

Decius was particularly proud of the turnout and the enthusiasm that the attendants of the event showed.

"While the numbers were not that of other events worldwide, I'm quite proud of the turn out that we had. Like one of the attendees remarked 'even if there were five of us here, that's five people that want to be heard," said Decius.

The event was not only important to the students and faculty members in attendance, but also drew the attention of a few alumni. Amanda Butler and Matthew Beil, both alumni of the University, took time out of their Valentine's Day plans as a couple to attend Saint Leo Rises. Both Butler and Beil see the issue of violence against women as not just something to be viewed from a distance, but as something that should be taken to heart in the process of solving it.

"The presentation was informative and fun. More people need to know they are not alone, especially in cases of sexual assault. It was nice to be a part of the dance that symbolizes the Saint Leo core value of responsible stewardship; as an alumna, I am proud to see events like this on campus, and I hope Saint Leo rises annually." said Butler.

Both McGinnis and Decius plan to make Saint Leo Rises an annual event and encourage more students and faculty members of the University to take a stand against rape and violence toward women. According to McGinnis, this year's event was a success: one that she hopes will grow in coming years.

"We were small in number but part of something so huge. It's exciting," said McGinnis.

For those who wish to learn more about the One Billion Rising campaign, visit the One Billion Rising for Justice website at www.onebillionrising.org.

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Nye & Ham Debate

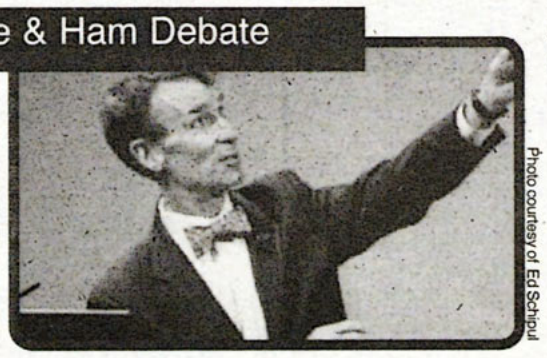

Photo courtesy of Ed Schipul

Leadership Conferece

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Valentine's Week

Photo courtesy of Jocelyn Hillary

Editorial

Former Saint Leo University President Dies

By Annie Hays
Entertainment Editor

Dr. Martin Daniel Henry died on Jan. 16, 2014, of liver and kidney complications. He had a long career in higher education administration, and he was president of Saint Leo University from 1985-87.

According to Cesarz, Charapata & Zinnecker Funeral Home, before serving as the president of Saint Leo University, he received a PhD in Philosophy from the University of Pittsburgh and a Master's in Education from Duquesne University.

He worked in University Administration at the University of Pittsburgh, Duquesne University, LaRoche College in Pittsburgh, Pa., Barry University in Miami, Fla., and the University of Dayton in Ohio. He became president of Saint Leo University when he was only 44 years old.

Although Dr. Henry was not with the University long, faculty from that time still remember him fondly.

"I remember Dr. Henry as a kind, concerned human being, who radiated wonder and enthusiasm." said Dr. Kurt Van Wilt, Department Chair of English, Fine Arts, and Humanities.

Dr. Henry was well liked by the faculty and students because he was easy to talk to. He treated everyone like an equal, unlike the previous president Dr. Southard. Dr. Jack McTague, Professor of History, quickly noticed how different the two presidents were.

"He really made the faculty feel like he was on our side. When Dr. Southard was here, it was more like an 'us vs. them' mentality."

Photo credit: Cesarz, Charapata & Zinnecker Funeral Home.

"I remember Dr. Henry as a kind, concerned human being, who radiated wonder and enthusiasm." said Dr. Kurt Van Wilt.

Dr. Wilt experienced Dr. Henry's kindness early on.

"The semester before Dr. Henry had arrived, I had asked the former president if those of us who tutored 30 hours and taught three courses could be eligible for health benefits. The president, who was about to retire, had referred me to Human Resources, where I was told that my four colleagues and I were not eligible. After seeing and hearing Dr. Henry for a few weeks, I decided I would ask him the same question. He agreed, sending us down to Human Resources to enroll. This was a boon, an important gesture, for which I am grateful."

According to Dr. McTague, Dr. Henry also helped the faculty out by promoting several people almost as soon as he arrived. Unfortunately, the board of trustees did not like that because the faculty would have to be paid more.

According to James J. Horgan, author of Pioneer College: The Centennial History of Saint Leo College, Saint Leo Abbey, and the Holy Name Monastery, Dr. Henry was very active on campus, and he loved going to University events. He even liked acting in school plays.

Dr. Henry wanted to make changes to the University, but he simply was not here long enough to make that many. All he was really able to accomplish was building the archways for the campus entrance.

"He ran into a problem very quickly. The board of trustees was all picked by Dr. Southard, and they were still set in the old way of doing things," said Dr. McTague.

According to Horgan, in 1986 the board of trustees forced him to take a formal leave, and after failed negotiations between the board and Bishop W. Thomas Larkin, Dr. Henry resigned on Feb. 13, 1987. He later became president of Gannon University in Erie, Pa.

According to Cesarz, Charapata & Zinnecker Funeral Home, after his time in higher education, Dr. Henry worked at non-profit institutions in their development programs, such as the Archdiocese of Milwaukee, Rotary International, the American Cancer Society, and Muskego Senior Taxi Program.

He is survived by his wife Aimee Monteverde Henry, children Donna (Will) Launer, Nicholas (Stephanie) Henry, Bryan Henry, and granddaughters Ashleigh, Veronica, Cami, and twin granddaughters due in March.

THE LIONS' PRIDE

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Fad Diets: Danger! A Society Obsessed with Weight

By Shawnee Arnett
Staff Writer

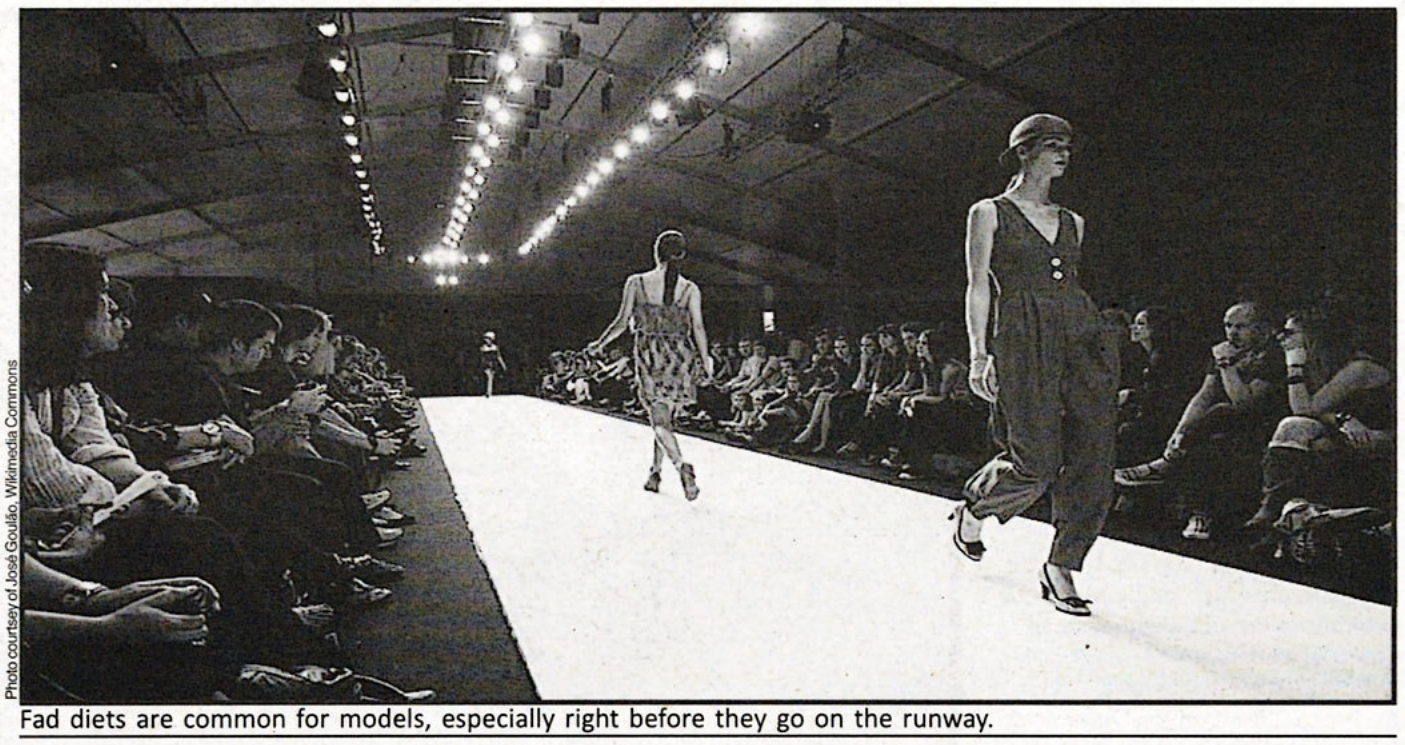

Photo courtesy of José Goulão, Wikimedia Commons

Fad diets are common for models, especially right before they go on the runway.

They seem to be everywhere: pictures of dangerously skinny models posing seductively in magazines or walking down the latest runway, and photos of celebrities airbrushed so much that they no longer look like themselves. Even the photos of everyday people on social media websites are often tampered with before the photo is uploaded to the site, leaving an unrealistic image of the person for others to see. With this becoming a global issue it is more difficult for people, especially young adults, to separate the fiction from reality.

Fad diets are unfortunately common for models, especially just before a major photo shoot or fashion show, and anorexia and bulimia are major issues in the world of modeling. In an interview with The Telegraph, Victoria's Secret model Doutzen Kroes spoke on the expectations that come with being a model and how she believes it affects those who see her regularly in magazines.

"I feel I'm such a big part of that insecurity that some girls might have because of my job, that girls think they have to be that picture. And even boys, they think that that picture exists and it's so frustrating because I don't look like that picture — I wake up not looking like that picture." said Kroes.

Not only do eating disorders and poor body image affect models, but also many of the women who use the models' airbrushed images as a reference for how they think they should ideally look. Along with constant exposure to beauty advertisements that promote products to hide "flaws" such as stretch marks and under eye bags, this causes insecurities to be ingrained in girls from a young age, leading many to put their physical beauty as a priority over anything else. Amanda Butler, an alumna of the University, considered how the media's expectation of the female body has affected women.

"It's ridiculous because it changes with the decade. A few decades back Marilyn Monroe was considered the sexual form and Marilyn Monroe's body was what the average woman is now. But now everyone's obsessed with being Twiggy and so the Marilyn Monroes now don't see their own beauty… [Society says that] women must take up as little room possible by any means possible including anorexia and bulimia." said Butler.

According to the National Eating Disorder Association, "In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, binge eating disorder, or an eating disorder not otherwise specified (EDNOS)."

Some attempt to lose weight by using fad diets, which are unhealthy and often dangerous. Fad diets are generally "quick fixes" that are created to trick the user into believing that they can lose weight in a healthy manner within an extremely short amount of time. Some of these diets include cleanses where the user can only drink liquids for a set number of days, or situations in which the user must completely cut out a specific nutrient, such as sugar or carbohydrates. While fad diets on the surface may seem like a good idea, they are unhealthy and often lead to more weight gain after the duration of the diet has ended.

According to the Academy of Nutrition and Dietetics, any diet or pill that offers rapid weight loss, specific food combinations, rigid menus and no need to exercise raise major red flags. It is better to have a healthy body image and lose weight through a healthy lifestyle if it is medically suggested that an individual lose weight. More importantly, it is best to accept oneself and disregard the images of "perfection" thrust upon society by the media.

According to Butler, the key to changing this pattern lies in everyday people.

"The new generation can end this by being supportive of their daughters. It's all about the environment that girls are raised in and the environment you choose to be in."

Some fad diets say to only drink liquids for a few days.

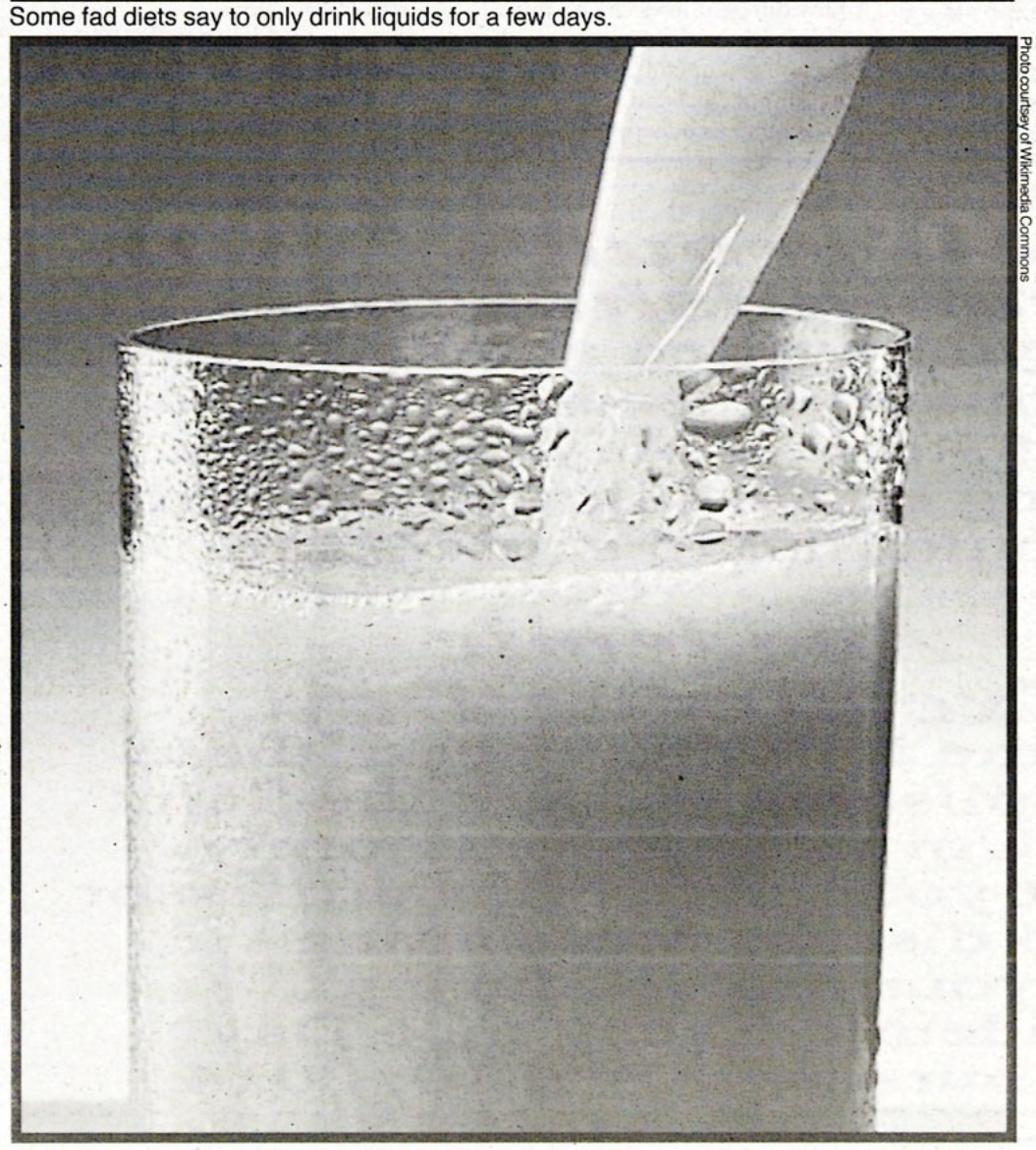

Photo courtesy of Wikimedia Commons

S.E.R.V.E.

Service, it is Their Way of Life

By Ally Vincent
Contributing Writer

SERVE trips also provide a lot of time for cultural immersion and tourist activities. This is a group at the middle of the world in Ecuador.

Many students have heard of it, but only a few have actually participated. SERVE stands for Students Engaging in Rewarding Volunteer Experience. The program was officially started in 2006 by Alicia Ridley and Stephen Kubasek, but the idea had already been around for many years. The SERVE Program grew out of an alternative Spring Break Trip that Father Michael Cooper started in the early 2000s. Father Michael was the Assistant to the President for University Ministry at the time. He began organizing a single trip to the Dominican Republic with a small group of students.

"In 2005 when I was a freshman, I went on the Dominican Republic trip. It was a life changing experience for me. The community aspect of the trip was my favorite part of it," said Kubasek.

After Stephen's trip to the Dominican Republic, he felt inspired to continue going on trips each year and having new experiences of community building. In the Fall of 2005, Hurricane Katrina devastated much of the area surrounding New Orleans. He remembers watching the news reports and talking with friends about what happened in New Orleans. Stephen and others decided to try to put together a trip and do what we could to help the people of New Orleans. Stephen had some contacts in the New Orleans area that were able to host the group. They collaborated with Catholic charities in the area and were given a long list of projects. Eighteen students and faculty members participated on that trip. Dr. Chris Miller was the main faculty advisor.

After they came back from that trip, Dr. Arthur Kirk Jr. saw the value of having students-lead trips and said that was the direction that he wanted the alternative spring break program to go in. Kirk appointed Stephen Kubasek and Sam Cibrone, the women's volleyball coach, as the co-chairs of the new committee. Kubasek came up with the name SERVE, and they started meeting and developing plans to organize more student organized trips. In 2007, there were five student-led trips. They decided that trips should always contain a spiritual component, but that the emphasis should be on service. This opened up a whole new realm of possibilities for trips, including environmental service trips to the Florida Keys. In 2008, Stephen assisted with mentoring other students who led trips to New Orleans, Atlanta, New Jersey, Honduras, Dominican Republic and the Florida Keys.

For this upcoming spring break, there are trips to New Orleans, San Antonio, Ecuador and Costa Rica.

Alexia Arellano is leading the trip to Ecuador after her experience last spring break on a SERVE trip. They will be going to La Fundación Santo Domingo de Guzmán. At this center, various aspects of life are addressed in order to help those in the community of Ibarra in Quito. They help in various aspects such as education, dental and general health, community outreach, health promotion and they also have a pantry.

"It's important to get to see how different lives can be, and despite those differences, whether economical or cultural, we all have a common goal and we can all help each other in unexpected ways," said Arellano.

Another trip that is taking place this break is to San Antonio, Texas. This trip is led by Dominique Spano. They will be staying at St. John Bosco School for the week. They are planning religious retreats for first through eighth graders.

"I am hoping the members of our trip will be able to connect more with their faith and bring it to the students we will be ministering to. In turn, I hope it will inspire those students and they will continue growing in the faith and relationship with God," said Spano.

If you would like more information regarding the SERVE program, contact Dr. Rhondda Waddell at rhondda.waddell@saintleo.edu or visit the SERVE website at http://saintleoserve.weebly.com/ .

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S.E.R.V.E.

Editorial:The Rewards of S.E.R.V.E.

By Ally Vincent
Contributing Writer

The SERVE program has allowed me to visit places I thought I would never see and it has allowed me to meet individuals I thought I would never meet. I have become extremely close to other trip participants and the faculty members. This is what happens when you spend a week together, day and night. The SERVE program is an amazing program and unlike any other. It provides an opportunity to really immerse yourself in a new culture in a way one would never expect. Because of this, I chose to lead a SERVE trip last Spring.

Many of us have heard of the SERVE program, but not many of us have actually considered how it operates. The SERVE Program has a variety of different approaches and steps to take in order to make it a successful trip. I led a trip to Ecuador in the Spring of 2013. My preparation was a bit different because it was an international project, so it involved a little bit more paperwork.

SERVE trips also provide a lot of time for cultural immersion and tourist activities. This is a group at the middle of the world in Ecuador. First off, you have to plan the whole trip on your own. You have to decide where you want to volunteer, how you will get there, the budget, how many participants you want to take and who your faculty advisor(s) will be. This is just the start.

Once this is established, you have to actually apply to be a trip leader. This application contains a variety of different questions including: what makes you a good trip leader, what your leadership experience has been, where you want to lead a trip, why you want to lead a trip, what is the day to day itinerary, what you plan on accomplishing on the trip, and the budget cost for each individual participant. When you complete the application, you must submit it to the SERVE committee.

The SERVE committee reviews and considers your application. The committee consists of a variety of students, faculty and staff. The committee looks at all aspects of your trip like how it is laid out, the itinerary, the budget and how beneficial it will be to the University. Once the trip is approved, you may have to make certain adjustments that the board has requested. You should then submit it again so that the board can look over it quickly for any changes.

Once your trip is approved, it is time to wait for the SERVE committee to send out the application to the university. Once they send the application to university students, you will receive updates about who applied to your trip and whether it was their first, second or third choice. The next step is to contact the individuals that chose your trip first to set up an interview. This involves a lot of flexibility on your end. You can also choose to do the interviews with your advisor(s) present. You have to come up with questions that pertain to what qualities you are looking for in each of your trip participants. You also need to make sure that they are able to financially afford the trip. It is important to be as clear as possible as to what the different aspects of the trip will consist of and to find out if he/she is okay with taking on this responsibility. The interviews should last about 15 minutes each, and they are often pretty informal.

Once the interviews are complete, you have to review each applicant to determine the best candidates for the trip. You must also ensure that someone on your trip speaks the native language. It is recommended to have more than one person that speaks the language. Each trip leader has his/her expectations of how the trip will go and what the trip participants will be like. Unfortunately, because we apply for only a set number of individuals to attend our trips, we cannot accept everybody all the time. Sometimes there may even have to be a second round of interviews to decide who should be accepted and denied.

Once the group is established, you should notify the SERVE committee. As a trip leader, you should plan a few meetings so your group can get to know each other before the trip. Some of your members may have an idea of each other, while others may not. It is also important to try to plan a few fundraisers, especially if your trip is an international one because those tend to be more costly.

You must then notify the place where you are volunteering and the hotel. For my trip, the place we were staying and volunteering were the same place, so I only had to notify one person. They usually want to know names and genders of each individual. You must also notify the SERVE committee of the trip participants names, passport numbers and birthdays. This is to ensure the plane tickets are purchased. Because my trip was an international one, it involved more paperwork on both ends (the SERVE committee and place we were volunteering/staying). We needed this paperwork to ensure the safety of all participants. You must ensure that you include a packing list for participants because it is likely that some of your participants have never been to the location you are headed to. Soon enough you will be departing and on your way to your destination. As the trip leader, you may sit down and breathe because your trip is finally in motion, but your duty as a trip leader does not stop. You must ensure all aspects of the trip keep rolling.

Eventually, you make it to your final location. It was also your duty to assign rooms to each individual based on their personalities and who they hang out with. Depending what time you arrive, the participants will probably spend the first day unpacking, calling home, and just acclimating to the new location. It is important to have a team meeting to discuss the do's and don'ts, the expectations and the itinerary for the trip. Each night it is important to try to have a team meeting to discuss the strengths and weaknesses of each day and to see what everyone really got out that day. Your group may be all volunteering and doing the same thing, but they all see things a bit differently. Remind the students that they are there to volunteer and serve. There will most likely be times when your team gets snippy with each other while working long, tiring days with little alone time. Remind the participants that they all came on this trip for different reasons and it is very important to acknowledge everyone's differences, wants and needs. It is also very important to keep your trip advisors informed about everything that is going on. Pretty soon the trip will fly by, and you will not know where time went. All your planning and hard work came together to make it an absolutely amazing trip.

On the SERVE Ecuador Spring 2013 trip, students were able to learn some of the trades that are learned in Ecuador.

Local News

Voodoo Beats: New and Appealing

By Austin Chiavaroli
Contributing Writer

Talented students are everywhere at the University. All of them have different hobbies and most love to share them with other students around the school. Senior Ravin Forde, otherwise known as The Witch Doctor or DJ Raviesta, is one of these talented artists.

He makes his music on Audiotool.com by using his piano keyboard to play with the different options until he makes something that he thinks sounds good. His style of music falls into the genre of electronic, which is normally music which is produced by technological equipment.

Electronic music has grown in popularity with college and high school students due to it being a very wild and digital sounding. The digital age has greatly influenced music and musicians have used some of this technological inspiration in their music.

"When I was younger my first and only instrument was the piano, which I use on Audiotool. My love for electronic music then started by just finding it one day and liking the sound and different feelings I got from listening to it." Ravin said.

Ravin has made 10 tracks so far and has expanded his music to many parts of the school.

"My most popular tracks have got to be 'Mystery of Life' and 'SO HAPPY!!!!!' However, I had the most fun with 'Mystery of Life,'" he said. "My music started to spread across campus when I showed a friend of mine one of my tracks. He decided to rap to it, and with that people started to take a closer look at the sounds behind the lyrics."

"I liked his music the second I heard it. I normally listen to it now whenever I'm playing games during my free time or doing homework for a class." said Lauren Horne, Senior.

More students, like Lauren, have started to listen to this young artist more and have started following him on Facebook and Audiotool. Some of The Witch Doctor's tracks have been dedicated to some of his closest friends and fans of his such as: "Eriqua's Theme (A Shocking Eko)" and "Kelvin's Theme."

Most of the tracks have different album artwork to go with each song. His trademark picture is a night vision picture of a squealing boar.

When asked what the boar means he said, "I picked it due to it being the most, out there, picture I could find on the internet. Like my music, I wanted a picture that was just as weird and fun."

He also has some albums with anime/manga pictures on them. This is because he is also a fan of Japanese animated musicians like, Hatsune Miku.

"Anime can also be fun and weird and Japanese music can get pretty whacky," he says.

Students on campus can be assured that more voodoo tracks will be made by this Witch Doctor that has picked up the musical arts. Maybe soon this college student might go to great heights in the electronic genre industry.

To hear some of the Witch Doctor's music his link is: http://www.audiotool.com/user/thewitchdoctor/

Photo from wikkicommons

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Local News

Photo taken by Thomas Buckley

Fried food and foods on a stick were being sold almost every second, and were never in short supply.

Food, Fun, Family:The Florida State Fair

By Thomas Buckley
Staff Writer

It's that time of year again, when all of the rides, food, fun and entertainment make their way into Tampa Bay. The Florida State Fair has been around for over 110 years, and yet it still attracts visitors from around the nation to eat, buy and ride all day. The State Fair ran from Feb. 6 to Feb. 17.

If it's fried or if it's on a stick, it can be found at the Florida State Fair. This year, among the fried foods, there were also a number of new foods. This year's most favored treats were the Ramen Noodle Burger (a burger placed in between two ramen noodle buns), cotton candy funnel cake, bacon maple funnel cake and sweet potato flavored ice cream. A lot of people could be seen carrying around mini gallon jugs (actually quarts) of iced tea.

At Expo Hall on the Florida State Fairgrounds one could find pretty much anything from arts and crafts to a brand new Chevrolet C7 Corvette Stingray. Chevy had a big booth where they had most of their family cars on display. Other products on display in Expo Hall included mattresses, pianos, accessories for electronics, and safes.

One of the most popular attractions is Cracker Country, which is an outdoor museum located on the fairgrounds, and is open year-round. This museum depicts how Floridians used to live in the past. Among the things to see in Cracker Country is a blacksmith shop, a train depot, a cane mill, a smokehouse and a school house, which greatly represent how Floridians lived in the past and how they contributed to the economy in that time.

The rides never disappoint. Among them were three Ferris wheels, as well as plenty of dizzying rides. At night, all of the rides illuminated the area with their colorful lights. People also got sucked in by the many fair games available in hopes of winning a prize.

There were many exciting special events and exhibits happening during the fair, including an extreme sports show, racing pigs, baby animals in a "Mooternity" Ward, a fireworks show, an exotic petting zoo, and animal shows. Uncle Kracker, an American rock musician, was also performing a concert.

Admittance to the fair and buying tickets to ride the rides costs money. Parking is free, but admission is $10 on weekdays and $12 on the weekends. The average cost for a ride with tickets was $3 to $6, but the best value was to buy unlimited ride armbands, which were $15 to $30, depending on the day. The area would sometimes get congested with traffic, so parking could be a pain.

Amidst all of the food and fun, on the opening night of the fair many kids and teens ran wild, fought, robbed people and acted violently, which resulted in 99 ejections and 12 arrests. After one teen was ejected from the fair, he attempted to cross Interstate 4 and was hit and killed. Following these incidents, law enforcement cracked down on misbehavior.

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Sports

Make-A-Wish on Campus: A True Bingo Story

By Tanganyika Smith
Contributing Writer

The Make-A-Wish Foundation is a program that has been around for years granting the wishes of children. The foundation reaches out to the families with children who have serious health conditions and tries to fulfill one of their lifelong wishes.

On Feb. 12, 2014, Saint Leo University had the opportunity to witness and grant one of the very first wishes for a Make-A-Wish Child. Justin from Oldsmar, FL, was the child that the program had selected. At three-years-old, Justin was diagnosed with cancer. His wish was to go to the Turks and Caicos Islands for a vacation.

"We are thrilled to be able to celebrate Justin's wish in such a big and exciting way with the help of Saint Leo's students and athletes," said Lisa Andrews, regional director of Make-A-Wish® Central and Northern Florida, in a press release. During half-time of the boys' basketball game, Saint Leo Lions vs University of Tampa Spartans, there was a surprise awaiting little Justin. It was bingo night, and everyone in the stands had a bingo card hoping to win a prize. When Justin's bingo card was called, he had to go down to the court and claim his prize.

Little did Justin know that unlike the rest of the prizes for that night, his prize would change his life.

"I did not know what was going on, but once I figured out that a little boy's life was about to change, I was overjoyed and not mad about losing bingo," said Amber Sermons, a student.

As soon as Justin's feet hit the floor of the Marion Bowman Activities Center after winning bingo, the crowd went wild. It was like being at a world tour concert, everyone was excited and supportive. The crowd chanted his name loud and clear.

Photo Courtesy of Tanganyika Smith

Justin Oldsmar with the family and athletes of Saint Leo, helping a wish come true.

The workers of the Make-A-Wish Foundation program came out with blow up palm trees and a straw hat to put on Justin. The crowd also participated by tossing beach balls out onto the court, cheering him on and supporting his dreams.

From the pictures to the cheerleaders holding up letters that spelled out Justin's name, it was all a beautiful sight. All Justin could do was cry to show his appreciation and joyfulness. His parents were overwhelmed by all the excitement and celebration and joined him in his tearful happiness. At the end of the night, Justin was not only lucky, but he gave hope to the family of Saint Leo. Justin had hit the jackpot, bringing a new meaning to the word "BINGO."